

Purpose List foods currently approved for the Nebraska WIC Program

Effective Date This list of approved foods is effective October 1, 2012 through September 30, 2015.

Infant Formula

- WIC approved formula only. The infant milk and soy based formulas that are provided are determined by the formula contract currently in place. The current formula contract is with Mead Johnson. Non-contract milk and soy based formula is not provided in Nebraska. Exempt and medical formulas are also provided and contained in a formulary which is updated every 6 months.

Refer to Volume III, Section D for additional information.

Infant Food

Any variety of single ingredient commercial infant food fruit or vegetable without added sugars, starches, or salt. May be combinations of single ingredients (e.g., peas and carrots). Must be in 4 ounce jars, Gerber 3.5 oz. twin-packs, or 4 oz. containers in multi-packs. Approved brands are Beech-Nut, Gerber, Hy-Vee, Mom to Mom, Nature's Goodness, Parent's Choice, and Target Up and Up.

No mixtures with cereal
No infant desserts or cobbler
No infant food with added DHA and/or ARA

Any variety of commercial infant food meat or poultry, as a single major ingredient, with added broth or gravy. No added sugars or salt. Any brand meeting these guidelines is approved.

No infant meat combinations (e.g., meat and vegetables)
No infant dinners (e.g., spaghetti and meatballs)
No organic infant food.

Infant Cereal

- Dry Cereals in 8 oz boxes without fruit

No organic infant cereal

Juice **100% Juice, no added Sugar**
Frozen Juice Concentrate – 11.5 –12 oz.

- Orange Juice – Store Brand or Private Label *
- Grapefruit Juice – Store Brand or Private Label *
- Always Save- Apple 100% Juice
- Best Choice- Apple 100% Juice, ~~Grape 100% Juice~~
- Dole – Orange Peach Mango, Pineapple Orange, Pineapple Juice, Pine-Orange Banana, Pine-Orange Strawberry, Orange Strawberry Banana,
- Great Value- Apple 100% Juice, Grape 100% Juice
- Hy-Vee- Apple
- Kroger- Apple, Apple w/ Calcium, Grape 100% Juice
- Old Orchard – Apple 100% Juice, Apple Cherry, Apple Cranberry, Apple Kiwi Strawberry, Apple Passion Mango, Apple Raspberry, Apple Strawberry Banana, Berry Blend, Blueberry Pomegranate, Cherry Pomegranate, Cranberry, Cranberry Pomegranate, Pineapple, Pineapple Orange, Pineapple Orange Banana, Cranberry Raspberry, Grape 100% Juice, White Grape 100% Juice
- Our Family- Apple 100% Juice
- Shurfine- Apple 100% Juice

Juices (cont.)

Pourable Juice Concentrate – 11.5 oz

- Nestle Juicy Juice – Apple, Berry, Punch
- Welch's – Apple, Grape, Tropical Passion, Fruit Fantastic

Bottled Juice – 64 oz

- Campbell's- Tomato Juice, Low Sodium Tomato Juice, V8 100% Vegetable Juice, V8 Vegetable Juice (Low Sodium)
- Mott's Apple Juice
- Nestle Juicy Juice- Apple, Apple Raspberry, Berry, Cherry, Grape, Kiwi Strawberry, Mango, Orange Tangerine, Punch, Strawberry Banana, Tropical, White Grape
- Old Orchard- 100% Apple, 100% Grape, 100% Orange, Acai Pomegranate, Kiwi Strawberry, Cherry Pomegranate, Cranberry Pomegranate, Blueberry Pomegranate, Wild Cherry, Apple Cranberry, Berry Blend, Peach Mango, Red Raspberry, White Grape
- Tree Top- Apple
- Always Save- Apple 100% Juice
- Best Choice- 100% Apple, Apple Juice Unsweetened, 100% Grape, Grapefruit, Pineapple, Tomato, Vegetable, 100% White Grape, Grape flavored blend- 100% Juice, Berry, Cherry, Punch, Apple
- Great Value – Apple, Cranberry 100%, Cranberry Grape 100%, Grape, Tomato Juice, Vegetable, White Grape 100%, White Grape Peach
- Harvest Classic - Apple
- Hy-Vee- Tomato, Vegetable, 100% Grape, Cranberry, Cranberry

Apple, Apple with calcium, Raspberry Cranberry, Just Juice Apple, Just Juice Berry, Just Juice Cherry, Just Juice Fruit Punch, Just Juice Grape, White Grape

- IGA- Apple 100% Juice, 100% Apple Fresh Pressed, 100% Grape 100% Juice, White Grape
- Kroger- Apple, Berry, Cranberry, Fruit Punch, Grape, Grapefruit, Pineapple, White Grape, White Grape Peach
- Our Family- Tomato 100% Juice, Vegetable 100% Juice, 100% Apple, Apple Juice Fresh Pressed, 100% Grape, Pink Grapefruit, Grape, Berry, Cherry, Fruit Punch, Orange Tangerine.
- Market Pantry- Apple 100%, Berry 100%, Grape 100%, Punch 100%, Tomato 100%, Vegetable 100%, Vegetable Low Sodium, White Grape 100%
- Safeway – Apple 100% Juice, Cider Apple, Cranberry 100%, Cranberry Grape 100%, Cranberry Raspberry 100%, Orange 100%, Vegetable 100%, Vegetable Low Sodium, White Grapefruit
- Shurfine- Apple, Grape, Tomato 100% Juice, Vegetable 100% Juice, Juice-A-Lot Grape, Juice-A-Lot Berry, Juice-A-Lot Punch, Juice-A-Lot Cherry, White Grape .

* If a grocery store does not carry a store brand or private label, the client may purchase a brand name orange or grapefruit.

Milk

- Store brand or private label - If Store Brand or Private Label not available, the client may purchase name brand milk.
- Fat Free, Nonfat, Skim, Light, Lowfat, Reduced Fat, Whole, Evaporated, Buttermilk, Non-Fat Dry Milk, Acidophilus Milk, Lactose Free Milk

Soy Beverage - 8th Continent Soymilk Original or Vanilla, Lucerne Original Soymilk – half gallons only.

No flavored milk such as Chocolate or Strawberry

No rice milk

No low-carbohydrate milk

Cheese

- Store Brand or Private Label
- Domestic, from the dairy case – sliced or block
- Colby, Colby Jack Marble, Monterey Jack, Mozzarella, Muenster, Natural Cheddar, Pasteurized Process American Cheese, Swiss, Reduced Fat cheese

No individually wrapped slices

No Cheese Food, Cheese Product, or Cheese Spread

No Shredded, String, Cottage, or Cream Cheese

No added ingredients such as jalapeño, caraway seeds, etc.

Eggs

Any brand, medium or large in size

No organic eggs

No low cholesterol eggs

Cereals

- The total quantity of cereal purchased must be equal to or less than the quantity indicated on the check. Package sizes less than 12 ounces are not allowed (except in hot cereals)

Allowed Cereals - Cold			
General Mills	Kellogg's	Malt-O-Meal	Post
Cheerios	Frosted Mini-Wheats Bite Size – Big Bites – Little Bites	Crispy Rice	Grape-Nuts
Dora the Explorer	Frosted Mini Wheats Touch of Fruit: Mixed Berry and Raspberry	Blueberry Mini Spooners	Grape-Nuts Flakes
	Corn Flakes	Frosted Mini Spooners	Shredded Wheat Honey Nut
	Unfrosted Mini- Wheats Bite Size	Strawberry Mini Spooners	Shredded Wheat Lightly Frosted
		Honey and Oat Blenders	Honey Bunches of Oats Honey Roasted
		Honey and Oat Blenders with Almonds	Honey Bunches of Oats with Almonds
			Honey Bunches of Oats w/Cinnamon Bunches
			Honey Bunches of Oats with Vanilla Bunches

Always Save	Best Choice	Great Value	Hy-Vee
Crisp Rice	Corn Flakes	Bran Flakes	Bite Size Frosted Shredded Wheat
Frosted Shredded Wheat	Crisp Rice	Corn Flakes	Bran Flakes
Toasted Oats	Enriched Bran Flakes	Crisp Rice	Corn Flakes
	Frosted Shredded Wheat Bite Size	Crunchy Honey Oats	Crispy Rice
		Crunchy Nuggets	Honey Oats & Flakes with Almonds
	Happy O's	Frosted Shredded Wheat	Oats and More with Honey
		Multi Grain Flakes	Nutty Nuggets
	Honey Oat Clusters	Toasted Corn	Tasteos
	Honey Oat Clusters with Almonds	Toasted Whole Grain Oat	Toasted Corn

			Toasted Rice
	Nutty Nuggets	Crunchy Oat Squares	
	Wheat Flakes	Toasted Rice	
		Toasted Wheat	
IGA	Kroger	Market Pantry	Our Family
Bran Flakes	Bran Flakes	Frosted Bite Size Shredded Wheat	Corn Biscuits
Corn Flakes	Corn Flakes	Honey and Oat Mixers	Bite-Size Frosted Shredded Wheat
Frosted Shredded Wheat Bite Size	Corn Bitz	Toasted Oats	Corn Flakes
	Crispy Rice		Crispy Rice
	Frosted Shredded Wheat		High Fiber Bran Flakes
	Honey Crisp Medley		Krunch Nutties
	Honey Crisp Medley with Almonds		Oats and More with Almonds
	Nutty Nuggets		Oats and More with Honey
	Rice Bitz		Strawberry Frosted Shredded Wheat
	Toasted Oats		Toasted Oats
			Wheat Biscuits

Safeway Kitchens	Shurfine	
Bite Size Frosted Shredded Wheat	Bite Size Frosted Shredded Wheat	
Bran Flakes	Bran Flakes	
Corn Flakes	Corn Flakes	
Live It Up	Crispy Rice	
	Honey Oats & Flakes with Almonds	
	Nutty Nuggets	
	Oat Wise	
	Toasted Oats	
	Hot Cereals	

B & G Foods	Better Oats	Malt-O-Meal
Cream of Wheat – 1 minute cook time	Good N Hearty Instant Oatmeal- <ul style="list-style-type: none"> • Apple Cinnamon • Classic • Maple Brown Sugar 	Malt-O-Meal Original
Cream of Wheat – 2 ½ minute cook time		Malt-O-Meal Chocolate
Cream of Wheat – 10 minute cook time		Malt-O-Meal Coco Wheats
Quaker	Best Choice	Great Value
Instant Grits Butter Flavor	Creamy Wheat Enriched Farina	Quick Farina Hot Cereal
Instant Grits Original Flavor	Regular Instant Oatmeal	Instant Regular Oatmeal
Hy-Vee		Instant Enriched Butter Grits
Regular Instant Oatmeal		Instant Enriched Original Grits
Creamy Wheat		
Kroger	Market Pantry	Shurfine
Original Instant Oatmeal	Instant Oatmeal	Regular Instant Oatmeal

Legumes

- Dry Peas/Beans
- Black, Blackeyed Peas, Cow, Crowder, Garbanzo, Great Northern, Kidney, Lentils, Lima, Mung, Navy, Pinto, Red, Soy, Split

No mixed beans
No bulk beans

Canned Beans

- Any type of mature dry beans, peas, or lentils in canned form. Examples include black beans, black eye peas, chickpeas, great northern beans, kidney, lima, navy, pinto, soybeans, and lentils. May not contain added sugars, fats, oils or meat. A small amount of sugar added to help maintain the quality and structure of the food is allowed. Canned beans may be substituted for dried legumes at the rate of 64 oz. of canned beans for 1 lb. dried legumes. Allowed brands are 14 to 16 oz. store brand and 14 to 16 oz. Bush beans.

Peanut Butter

- Creamy Style – Any 18 oz. Store Brand only
- Chunky Style – Any 18 oz. Store Brand only

No peanut butter with added ingredients such as honey or jelly

No reduced-fat

No organic

No individual serving size container

Whole Grains

Whole wheat bread which conforms to FDA standard of identity. Whole wheat must be the primary ingredient by weight. Bread must be packaged in a 16 oz loaf.

The following breads are approved in Nebraska:

- Best Choice 100% Whole Wheat Enriched
- Family Choice 100% Whole Wheat
- HyVee 100% Whole Wheat
- Our Family 100% Whole Wheat
- Oroweat 100% Whole Wheat
- Pepperidge Farm Stone Ground 100% Whole Wheat
- Pepperidge Farm Swirl 100% Whole Wheat Cinnamon with Raisins
- Pepperidge Farm Very Thin Soft 100% Whole Wheat
- Pepperidge Farm Whole Grain Rye Seeded
- Roman Meal 100% Whole Wheat
- Sara Lee Classic 100% Whole Wheat
- Shurfresh 100% Whole Wheat
- Village Hearth 100% Whole Wheat
- Wonder Soft 100% Whole Wheat

Tortillas may be corn or whole wheat. Whole grain must be the primary ingredient by weight. Tortillas must be packaged in 16 oz. packages.

The following tortillas are approved in Nebraska:

- Best Choice Whole Wheat
- Buena Vida Whole Grain
- Celia's Corn and Whole Wheat
- Chi Chi's White Corn and Whole Wheat
- Don Pancho White Corn and Whole Wheat
- Herdez Corn and Whole Wheat
- HyVee White Corn and Whole Wheat
- La Banderita Corn and Whole Wheat
- La Burrita Yellow Corn
- La Victoria Whole Wheat
- Mama Lupe's Corn and Whole Wheat
- Mission Yellow Corn and Whole Wheat
- Ortega Whole Wheat
- Shurfresh Corn and Whole Wheat

**Whole grains
(cont.)**

Brown rice may be instant, quick, or regular-cooking. May be packaged in 14 to 16 ounce box or bag.

Canned Fish

- Pink salmon – any brand, 6 ounce to 14.75 ounce can. May include bones or skin.
- Light tuna – any brand, water or oil-packed, chunk or flake in can.
- Total of 30 oz. salmon and/or tuna allowed per month.

No albacore or tuna packed with other foods added such as relishes, crackers, etc.

No foil packs

Tuna and salmon are only allowed for breastfeeding women not receiving formula.

**Fresh Fruits
and Vegetables**

Any variety of fresh whole or cut fruit or vegetable.

No white potatoes

No party trays

No herb, spices, edible blossoms or flowers

No dried fruit

No fruits or vegetables from salad bars

No decorative fruits or vegetables, e.g., painted pumpkins, chili peppers on a string
